



ATHLETIC NEWS SUMMER 2019



CHRIST CHAPEL
A C A D E M Y

All summer activities will be on Schedule Star (<https://christchapellions.bigteams.com/main/calendar/>). If you sign up for alerts on Schedule Star, you will be automatically alerted whenever there is a change in a scheduled event.

Sports Physical and Forms to Complete Before Tryouts

Every athlete who wants to participate in sports in the upcoming school year must have a current sports physical and the following forms (all forms may be obtained from CCA website under Programs – Athletics):

- a. Physical form
- b. Concussion form
- c. Informed Consent form
- d. CCA Athletic Policy and Procedures form

The athletic fee of \$95 must be paid before the first game

If you have any questions, please contact Mr. Davis at ddavis@christchapel.org

Sports physicals must be on file before a student can try out for a sport. Please note, for fall sports, that means obtaining a physical and completing the forms during the summer as tryouts may begin in early August.

Sports physicals must be dated on or after May 1, 2019 to be valid for the 2019-2020 school year.

Volleyball

Volleyball Camp 1: (July 15-16, 6:30 – 9:00 PM) This camp will teach basic fundamental skills to include serving, passing, setting, hitting, defense, and game play. The camp is open to all students ages 11-14 and in grades 6-8 during the 2018-19 school year.

Volleyball Camp 2 (July 18-19, 6:30 – 9:00 PM) This camp will teach advanced skills and game strategy. The camp is open to all students ages 15-18 and in grades 9-12 or with travel club level experience

Participants in either camp should wear shorts, t-shirts, knee pads and indoor court shoes.

The camps will be directed by American Volleyball Club Coaches Sandy Gibbs and Dejan Pejicic. Coach Gibbs is a Prince William County and VHSL certified coach. Coach Gibbs is also Impact, CAP I and CAP II certified with USA Volleyball. She is Gold Medal Squared Volleyball certified. Coach Pejicic played for a Men's city league in Serbia. Coach Pejicic is CAP I certified with USA Volleyball. He is Gold Medal Squared Volleyball certified and USAV Impact and Safesport certified.

FOR MORE INFORMATION CONTACT:

Coach Sandy Gibbs

Email: trilivin@yahoo.com

Phone #: 757-848-3709

Complete the registration form and mail it no later than July 2.

Cost for either camp is \$50.00 per student.

Late registrations will be taken on the first day of camp and will be \$55.00.

There are 24 spots for each camp so get your forms in early.

Other Volleyball News / Event:

Open Gym / Tryout Prep:

- July 23rd and 30th, 6:00 – 8:00 for Middle School
- July 25th and Aug 1st, 6:00 – 8:00 for Varsity
- This will be an opportunity to submit physicals and emergency medical cards which will be needed in order to tryout

Tryouts (at the Christ Chapel Academy gymnasium):

- August 12th and 13th, 4:00 – 5:30 for Middle School
- August 12th and 13th, 6:00 – 8:00 for Varsity

Practices begin Aug 15th

Cross Country

We will have informal runs together on Mondays and Wednesdays from 9:00 – 11:00 AM. Practices to prepare for the season will begin in early August. Contact Coach Shannon Andes at sandes@christchapel.org with questions.

Boys Soccer

Soccer (Boys 6th – 12th) – The first practice for all boys is Aug 19th from 3:30 – 5:00. If you have any questions please contact Coach David Dawdy at ddawdy@christchapel.org. Please check the workout schedule on Schedule Star.

The dates and times for the weight room will be listed on Schedule Star. Contact Coach Dawdy with any questions.

Boys Basketball

Basketball Skills Development:

- No open gym July 15th – 19th due to Volleyball Camp
- July 22nd – Aug 1st, Open gym for boys Mondays 7:00 - 9:00 PM and Thursdays 8:00 – 10:00 PM
- Skills development for CCA boys 8th -12th grade will start on August 6th and will be every Tuesday & Thursday (Running from 6:00 – 7:00 PM; weight training 7:00 – 8:00; Basketball training 8:00p to 10:00)
- Saturdays will begin on August 17 from 10:00 AM – 2:00 PM.

Contact Coach Clinton Simmons if you have any questions: csimmons@henninger.com

Basketball Camp – for boys and girls ages 6-14, June 17-21 and July 15-19, 9:00 AM - 12:00 PM at CCA. \$125 early registration or \$140 at the door. Contact Coach Simmons if you have any questions at manuptraining@gmail.com or call at 571-259-3914.

Girls Basketball

Basketball (Girls 6th – 12th) – We will have a weekly training session, please e-mail Coach Dawdy at ddawdy@christchapel.org for dates and times.

Weight Training/Plyometric

The dates and times for the weight room will be listed on Schedule Star. Contact Coach Dawdy at ddawdy@christchapel.org with any questions. Consent form is found here: <http://christchapelacademy.org/wp-content/uploads/2017/05/Weight-Room-Consent-Form.pdf>

Football

CHAMP CAMP (Football FUNdamentals) after school program starting Monday June 10 thru Friday August 16 from 4 to 6 pm Monday thru Friday. Open to CCA boys and girls ages 6-12. Cost is a one-time \$50.00 registration fee plus a \$10.00/day student participation fee. Register at championsallstar.org or contact Coach Jeff Mills at 571-264-1313 or coachmills7@championsallstar.org.

Cheerleading Camp

Cheerleading Camp for grades 6 – 12 will take place August 5th – 9th, from 3:30 to 6 PM. Cost is \$50 for the week or \$15 per day. Contact Coach Joy Mills at cheer@christchapel.org to sign up or to request more information.